

2017

International Yoga Day



Yoga for Harmony & Peace

Spiritual Research Cell,  
JECRC, Jaipur

6/21/2017



## Report on International Yoga Day

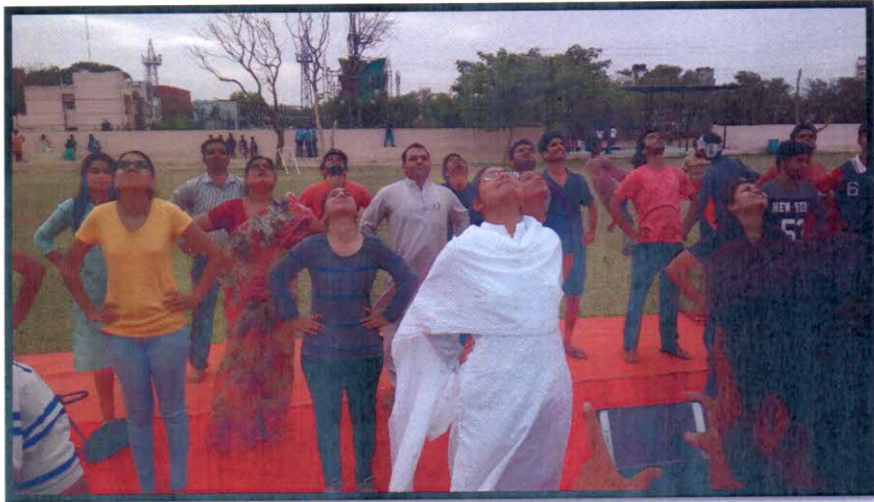
On the occasion of third International Yoga Day, JECRCians marked their presence at State Level Yoga Day Celebrations at S.M.S Stadium, Jaipur. About 40,000 people participated and



performed yoga collectively.

As per the protocol, Yoga practice was performed on the occasion between 7 AM to 8 AM. There were 21 kinds of Asanas which were included in the protocol out of which 5 were standing asanas and 8 were sitting asanas. Apart of these, there was a separate practice of Kapalbhathi, Pranayam and Meditation. The Sankalp (resolution) and Shanti Path (recitation for peace) were the last part of the protocol by which participants ended the event. Along with other ministers, Smt Vasundhara Raje Scindia, Chief Minister, Rajasthan and Shri Kali Charan Saraf, Health Minister, Rajasthan graced the event and also performed yoga. Students of various schools, coaching institutes and colleges participated in huge number.

A group of sixteen students and ten faculties from JECRC, Jaipur attended the event. It was really a great event. Some glimpses of the event are:







After this event, this group attended a one hour session on Indian Yoga & Meditation at Spiritual Research Cell, JECRC Campus. Shri Mukesh Agarwal, Asso. Prof. (CSE) and meditation practitioner and trainer conducted the session successfully. He presented a presentation on Patanjali's Ashtang Yoga and also shared the benefits of meditation in daily life. This session was very interesting and informative for students.



